

# 28-Day Intermittent Fasting Renewal Workbook

*A colorful plant-powered guide to practicing the 18:6 intermittent fasting method with nourishing vegetarian foods.*

 Fruits |  Vegetables |  Herbs |  Seeds |  Nourishing Meals

## ✦ How to Use This Workbook ✦

This workbook supports a 28-day wellness reset using the 18:6 intermittent fasting method (18 hours fasting, 6 hours eating). Each day you will track fasting completion, meals, energy levels, and reflections.

## 28-Day Fasting Tracker

Day    ✓    Smoothie    Main Meal     Soup / Light Meal     Energy Notes ✦  
/ Juice 

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8

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 Reflection: Use this space to reflect on your 28-day journey. Notice changes in energy, digestion, mental clarity, and overall wellbeing

## Weekly Reflection Journaling

• How did my body feel during fasting this week?

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• What foods gave me the most energy?

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• What positive changes have I noticed in digestion, mood, or sleep?

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• What am I grateful for in my health journey?

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• What intention do I set for the coming week?

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## Daily Wellness Affirmations

 My body knows how to heal and restore itself.

 I nourish my body with vibrant plant foods.

 I honor the rhythm of nourishment and rest.

 My energy grows stronger each day.

 I am grateful for my health and vitality.

## Daily Smoothie Inspiration

- *Green Energy Smoothie* - spinach, banana, almond milk, chia seeds
- *Berry Antioxidant Smoothie* - strawberries, blueberries, flax seeds
- *Mango Turmeric Smoothie* - mango, turmeric, coconut milk, hemp seeds
- *Apple Cinnamon Smoothie* - apple, oats, almond milk, cinnamon
- *Pineapple Ginger Juice* - pineapple, ginger, lime
- *Papaya Lime Smoothie* - papaya, lime, coconut water

## Healing Soups for the Evening Meal

- *Carrot Ginger Soup*
- *Tomato Basil Soup*
- *Miso Vegetable Broth*
- *Pumpkin Herb Soup*
- *Broccoli Garlic Soup*
- *Sweet Potato Turmeric Soup*

## Seeds, Fruits & Herbs for Daily Nutrition

- *Berries, apples, papaya, mango, kiwi*
- *Chia seeds, flax seeds, pumpkin seeds, sunflower seeds*
- *Fresh herbs: basil, mint, parsley, cilantro*
- *Healthy fats: avocado, walnuts, almonds*